

Butternut Squash, Apple & Sweet Potato Soup

This recipe makes about 12 cups of soup



Ingredients

2 tbsp coconut oil
1 medium sweet onion
3 garlic cloves
1 medium butternut squash
1 medium sweet potato
½ can full-fat coconut milk
1 tart apple
1 tsp dried sage
¼ tsp pumpkin pie spice or cinnamon
¼ tsp dried ginger
½ tsp kosher salt
⅛ tsp fresh cracked pepper
2 cups vegetable or chicken broth
Toasted pumpkin seeds, coconut cream and smoked paprika for topping

Directions:

1. Peel and remove seeds from the butternut squash, and cut into 1-2 inch chunks
2. Peel, core and chop the apple into 1-2 inch chunks
3. Peel the sweet potato and cut into 1 inch chunks
4. Dice onion and mince the garlic (or use 1.5 tsp of minced garlic)
5. Set the Instant Pot to Sauté mode and add coconut oil, diced onion, and minced garlic. Sauté for 2-3 minutes, stirring occasionally, until the onion becomes translucent.
6. Add chopped squash and sweet potato to the pot. Cook for a few minutes, allowing the squash to slightly soften.
7. Pour in all remaining ingredients except the coconut milk. Stir well to mix everything evenly.
8. Close the Instant Pot lid manual button and set the time to 10 minutes on High Pressure.
9. Once the cooking cycle is complete, allow the pressure to release naturally.
10. Use an immersion blender directly in the pot to puree the soup until smooth. Alternatively, carefully transfer the soup to a large blender in batches and blend until creamy.
11. Add coconut milk, stir and adjust seasonings to taste.
12. Add parchment paper to your trays
13. Pour soup onto trays
14. Place dividers (if you choose). We like to use 10 portions per tray
15. Freeze dry (my cycle time was 48 hours)
16. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 cup of hot or boiling water to 2 divider portions (if using) or about 1 cup of freeze-dried soup. Stir and cover for a few minutes. Enjoy!

Notes:

This is a great on-the-go recipe or meal in a bag or jar.

Nutritional Value Per 1 cup of soup

Calories: 71 Protein: 1 g Fat: 4 g Carbohydrates: 9 g Sugars: 3g Fiber: 2 g